

## Physical Activity

### Co~Chairs ...

**Terry Bazzarre**, Robert Wood Johnson Foundation

**Barb Resnick**, University of Maryland

**Greg Welk**, Iowa State University (consultant to Kansas State University)

### Key Members ...

**Lynn Braun**, Rush Presbyterian/IIT; **Cynthia Castro**, Stanford University; **Mace Coday**, University of Tennessee; **Abby King**, Stanford University; **Chuck Matthews**, University of South Carolina (HSPH); **Claudio Nigg**, University of Hawai'i at Manoa (URI); **Marcia Ory**, Texas A&M University System (formerly NIA); **Leslie Pruitt**, Stanford University; **Deb Riebe**, University of Rhode Island

### Mission ...

The mission of the Physical Activity workgroup is to improve science with regard to the measurement of physical activity outcomes through cross project collaboration and comparison. Specifically, our mission is to share experiences and techniques used to assess physical activity in clinical trials research and develop guidelines that may be useful across the different studies. Our primary goal is to facilitate the development and implementation of measures that will reduce error and increase the power to detect behavioral change.

### Specific Aims ...

- Determine physical activity outcome similarities across BCC studies.
- Develop common operational definitions of activity/exercise for cross project use.
- Promote the use of a few common measures to allow comparisons across studies.
- Establish methods of triangulation of measures to increase the validity of the findings in different studies.
- Serve as a repository of all measures of activity used across studies and to determine the pros and cons of each measure.

### Major Highlights ...

- The PA workgroup has done several presentations over the past few years:
  - Gerontological Society of America, 2000 – Activity Measurement in Older Adults
  - Society of Behavioral Medicine, 2002 – Theory-based Interventions
  - Society of Behavioral Medicine, 2003 – Screening for Physical Activity
- In addition several studies have been funded by Robert Wood Johnson that were developed by the PA work group:
  1. The Stages of Change Validation Study;
  2. The Screening of Adults for Physical Activity study
  3. Physical Activity and the Environment Study.

- [•] Two other projects were also developed by the workgroup, but remain unfunded at this time: “Measurement of PA in Older Adults: Use of Modeling,” and Using GIS Lifestyle Segmentation to Profile Physically Inactive Clusters.”

### *Collaborative Strategies ...*

The work group augmented face-to-face meetings with conference calls (2-4 annually) and e-mails. Much of the PA work group activity focused around smaller groups within the larger group and meetings/communications included only those related /interested in the specific project

### *Future Directions ...*

Plans are to continue and complete the projects described as well as some proposed projects related to data analysis. This will mean sharing data across sites as the studies are completed, developing the two papers proposed and considering additional cross site interests related to PA.

### *Suggested Cross-Site Activities ...*

Plans for cross-site collaboration continue related to Stage of Change project, the environmental impact on physical activity and measurement of physical activity in older adults. Additional plans have been considered to explore the impact of screening on physical activity in adults. The PA workgroup is in unique position to engage in several additional cross-site activities: 1) a cross-site evaluation of the benefits of varying activity/exercise programs in different populations and settings; 2) an examination of multiple behavioral interactions with the nutrition group; and 3) measurement of PA across the lifespan (e.g. best practices, reliability and validity issues, etc.).